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**Name of the Student**

**Title of the Thesis**

**Starting date**

**Expected date for your Ph. D. Thesis defense**

1. **Summary of the project and obtained results (max. 1 page)**
2. **Experiments planned for the next year (max. 1 page) (not required for Ph. D students in their last year)**
3. **When is your Ph. D. Fellowship or contract ending?**
4. **Conferences attended and type of contribution**
5. **Stages abroad or in other Spanish laboratories (please, specify the group and Institute that hosted you, the time period, and the techniques you learned)**
6. **Other activities related to you Ph. D. Thesis (teaching, management or others)**
7. **Have you published or do you have publications submitted or in preparation? If so, please indicate the title, the authors and the journal where you have published, submitted or intend to submit.**
8. **Are you encountering any particular difficulties (besides those inherent to research) during the development of you Ph. D. Thesis.**
9. **Are you attending regularly group meetings, research network meetings and departmental seminars? If so, how often?**
10. **Can you think of strategies to improve your work in the lab?**
11. **Can you think of strategies to improve the daily life in the Institute either scientifically or socially?**

**Signature of the Ph. D. student**

**Place and date**

**Please sign all pages on the side and send it by e-mail to**

**(Maribel Geli)** [**mgfbmc@ibmb.csic.es**](mailto:mgfbmc@ibmb.csic.es) **or (Anna Aragay** [**aacbmc@ibmb.csic.es**](mailto:aacbmc@ibmb.csic.es)